

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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On Twitter!
@AdvRehabHealth



SIGN UP WITH A GYM MEMBERSHIP TO BE ABLE TO ACCESS OUR EQUIPMENT 24/7!

1

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

2

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise

3

8 am Outdoor Run/Ski
9:30 am Yoga \$

4

5

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise

6

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

7

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors
6:00 pm Yoga \$

8

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

9

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise

10

9:30 am Yoga \$

11

Like us on Facebook!



12

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors

13

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

14 Valentines Day

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors
6:00 pm Yoga \$

15

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

16

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise

17

9:30 am Yoga \$

18

19 Presidents day

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors

20

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

21

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors
6:00 pm Yoga \$

22

6 am Bootcamp
8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

23

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise

24

9:30 am Yoga \$

25

\$ - Cost for class

26

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors

27

8:15 am Advanced Fitness
9:30 am In the Mix for Health
5:30 pm Cardio, Weights, Circuit

28

8:15 am Wake Up & Pump Up Your Health!
9:30 am In the Mix for Health
11:00 am Health Exercise for Seniors
6:00 pm Yoga \$

